

CONSTRUCTION: MENTAL HEALTH



INTRODUCTION

Similar to employees in other industries, employees working in the construction industry may be living with or experiencing mental illness. While mental health issues are becoming less stigmatized due to greater awareness, many employees may choose to stay silent about their condition. Employees living with or experiencing mental illness should be reached out to and encouraged to seek support and treatment.

WHO IS MOST COMMONLY AFFECTED BY MENTAL ILLNESS?

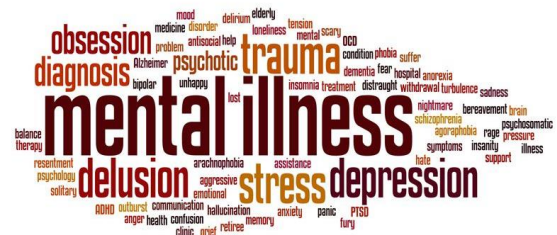
Mental illness can affect anyone at any stage of life. While there are many people who experience or live with mental illness, there are many people who do not seek support or treatment. Men living with or experiencing mental illness are less likely to seek support and treatment.

SYMPTOMS OF MENTAL ILLNESS

Changes in feelings or actions are normal occurrences for everyone; however, changes in feelings or actions that continue for two or more weeks may be indications of mental illness.

Mental illness can appear in people differently. Mental illness can amplify emotions or cause changes in behavior. Signs of mental illness can include some of the following:

- Feelings of worry or fear.
- Having problems concentrating or experiencing confusion more than normal.
- Feeling flat or numb.
- Feeling or displaying extreme mood changes.
- Feeling angry, irritable, or aggressive.
- Being unconcerned with your appearance.
- Feelings of sadness or hopelessness.
- Feeling low or excessively tired.
- Having trouble relating to others.
- Avoiding friends or social activities.
- Change in sleeping habits.
- Uncontrollable thoughts of a traumatic event.
- Changes in eating habits including increased hunger or lack of appetite.
- Thoughts of suicide.
- Change in sex drive.
- Difficulty perceiving reality including delusions or hallucinations.
- Physical problems such as headaches, racing heart, stomach aches, unexplained aches and pains that have no obvious cause.



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REACHING OUT

Friends and coworkers play an important role in helping encourage those living with or experiencing mental illness to seek support and treatment. If you, a friend, relative, or coworker is experiencing any of the following, please reach out for help:

- Having a hard time recognizing their own unusual behavior.
- Abusing drugs or alcohol.
- Seeming unable carry out daily activities or handling daily problems and stress.
- Talking about suicide.

SUPPORT AND TREATMENT

Mental illness can be managed and treated. Treatment for the most common conditions of mental illness are effective 80% of the time. Treatment should be done with the help of a professional such as a doctor, psychologist, or licensed mental health provider. Depending on the individual needs, treatment plans may include any of the following:

- Peer support
- Medication
- Therapy sessions (one-on-one, or with a small group)

If you or someone you know needs help finding treatment options, you can:

- Ask your doctor
- Call 1-800-273-HELP (4357)
- Text: 1-800-487-4889
- Visit: <https://findtreatment.samhsa.gov/>



If you or someone you know is a veteran and is in crisis or needs help finding treatment options, please contact one of the following numbers:

- Veterans in crisis – Call: 1-800-273-8255 and Press 1 or text 838255
- Treatment options – Call 1-866-966-1020

If you, a friend, relative, or coworker are in crisis and experiencing thoughts of suicide:

- Call (or direct a person to call): 911
- Call (or direct a person to call): 1-800-273-TALK (8255)
- Text: 1-800-799-4889
- Go to the nearest emergency room



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ADDITIONAL SUPPORT

In addition to traditional treatment, employees living with or experiencing mental illness may use the following tools or reach out the the following organizations:

Name	Website	Description
7 Cups	https://7cups.com	A free, anonymous, text-based, emotional health service for teens and adults who are just having a rough day or are ready to start therapy.
Headspace	iTunes and Goggle Play	A smart phone application that focuses on mindfulness and breathing exercises.
AA	www.aa.org	A self-support group for individuals struggling with alcoholism.
NA	www.na.org	A self-support group for individuals struggling with drug addiction.
Al-Anon	https://al-anon.org	A self-support group for loved one who have been affect by alcohol, drug addiction, and/or family dysfunction.

CONCLUSION

Construction industry employees are just as likely to be living with or experiencing mental illness as employees in other industries. It is important for employees who see or are living with or experiencing mental illness to reach out. Reaching out can be as simple as offering support or helping those affected seek treatment. Mental illness can be managed and treated.

